

## University of Texas Bulletin

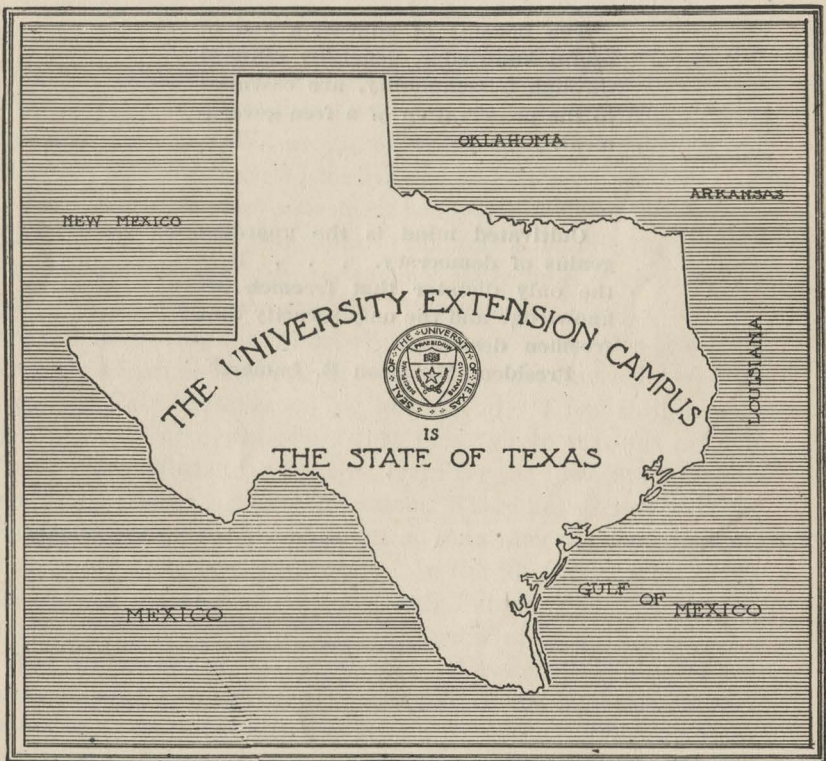
No. 1708: February 5, 1917

### What the Baby Health Conferences Teach

Compiled by

JESSIE P. RICH

Formerly Extension Lecturer Home Economics, Department  
of Extension, University of Texas



The benefits of education and of useful knowledge, generally diffused through a community, are essential to the preservation of a free government.

Cultivated mind is the guardian genius of democracy. . . . It is the only dictator that freemen acknowledge and the only security that freemen desire.

President Mirabeau B. Lamar.

## FOREWORD

The Governor of one of our States, when asked what he considered the greatest thing in the world, replied, "The baby." "For," said he, "everything on earth we respect or revere or admire is the work of man or woman, and sometime or other that man or woman was a baby."

In every part of the country thoughtful people have at last recognized that the baby is the most valuable national asset. A sense of obligation to the child as a citizen of the future is awakening. Today one seldom picks up a magazine or paper without finding such expressions as these: "Baby Health Conference," "Better Babies for the Future," "What is a Baby Worth?" Science has demonstrated how much intelligent care and feeding can do to increase the value and efficiency of our domestic animals. We are just awakening to the possible application this may have to the rearing of children.

The "Better Babies" movement originated in the mind of Mrs. Mary Watts, of Audubon, Iowa. She was attending the Denver Fat Stock Show and was overwhelmed with the care given to improve cattle, hogs, chickens, etc. But where was any effort devoted to improving the children? Imbued with the idea that children are of prime importance to the State, she hurriedly walked from the Fair Grounds, saying to a friend, "I feel as if I were in the center of a whirlwind that bids fair to take me off my feet." Mrs. Watts took the first train for the Iowa State House, where the Legislature was in session. There her earnest and enthusiastic appeal for the children of Iowa almost swept the lawmakers off their feet, and resulted in the \$75,000 appropriation for the new building on the Iowa State Fair Grounds. This building was to be devoted entirely to the cause of better babies.

The University of Texas has been interested in this work for better babies, and has assisted in many of the baby health conferences, or so-called "Better Babies Contests." The object of this brief bulletin is to repeat some of the vital points which are brought out at these conferences. The lessons given here are on the care and rearing of children, and are put in the chart form to make them more emphatic. Any one desiring to copy these

charts as part of an exhibit to be used in a Better Babies Convention or in Baby Welfare Work is privileged to do so. Where further information is desired, the following free bulletins may be obtained from the Extension Department of the University of Texas:

*Suggestions for Infant Feeding*, Bulletin No. 1706.

*Food for Growing Children*, Bulletin No. 1707.

*Pure Milk and How to Get It*, Bulletin No. 1711.

*Why Register Births and Report Cases of Sickness*, Bulletin No. 1709.

The following books are also of value in bringing up a child:

*Care and Feeding of Children*, Emmet Holt.

*Diseases of Infancy and Childhood*, Emmet Holt.

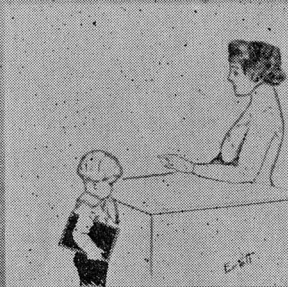
*Theory and Practice of Infant Feeding*, Chapin.

I. IS YOUR BABY'S BIRTH REGISTERED?

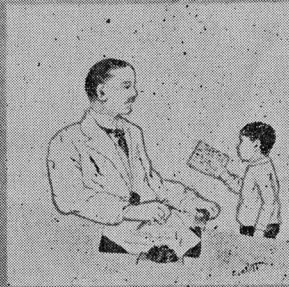
# BABY'S RIGHTS

YOU HAVE A RECORD MADE OF YOUR MARRIAGE  
SO THAT THE LAW MAY RECOGNIZE IT.  
YOUR BABY NEEDS A RECORD OF HIS BIRTH.  
SO THAT THE LAW MAY RECOGNIZE HIS EXISTENCE.

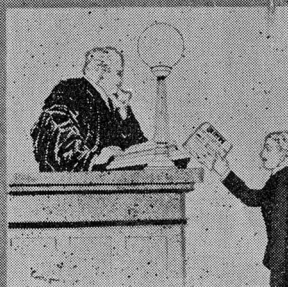
HE MAY NEED HIS  
**BIRTH-CERTIFICATE**  
TO PROVE:



**HIS RIGHT TO GO TO  
SCHOOL**



**HIS RIGHT TO WORK-  
ING PAPERS**



**HIS RIGHT TO INHERIT  
PROPERTY**



**HIS AMERICAN CITIZEN-  
SHIP**

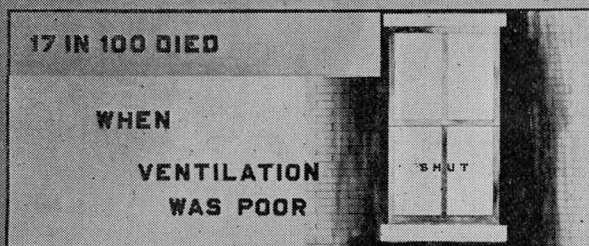
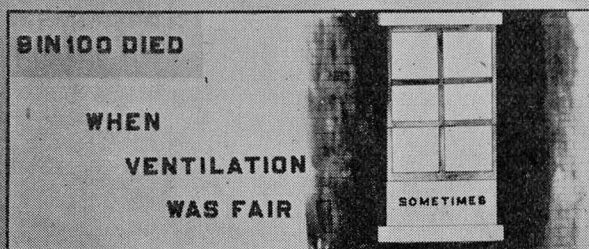
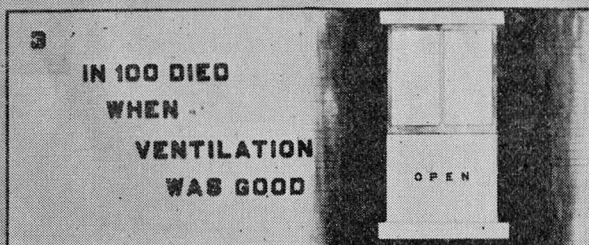
DO NOT LET HIM LOSE HIS **BIRTH-RIGHT**

## II. DOES YOUR BABY HAVE FRESH AIR?

**BABY NEEDS AIR**

THE NUMBER OF  
**BABY  
DEATHS**  
BETWEEN ONE MONTH AND ONE YEAR  
IS ESPECIALLY GREAT  
WHEN VENTILATION IS POOR

SEE THE FIGURES FROM  
INFANT MORTALITY STUDY NO. 1 U. S. CHILDREN'S BUREAU.





III. WHICH?



**THIS BABY IS HAPPY  
AND THRIVES BECAUSE SHE**

1. RECEIVES INTELLIGENT CARE.
2. IS FED REGULARLY.
3. GETS THE RIGHT SORT OF FOOD (MOTHER'S MILK BEST).
4. IS GIVEN COOLED BOILED WATER TO DRINK (NEVER COLD WATER).
5. IS KEPT QUIET AFTER FEEDING; NOT ROCKED OR TOSSED ABOUT.
6. IS NOT USED AS A PLAYTHING.
7. IS NOT EXPLOITED BEFORE VISITORS.
8. IS BATHED REGULARLY EVERY DAY.
9. IS PROTECTED FROM FLIES & DIRT.
10. IS DRESSED CAREFULLY AND ACCORDING TO THE WEATHER.
11. BREATHES ONLY FRESH AIR.
12. SLEEPS ALONE AND GETS PLENTY OF SLEEP.



**THIS BABY IS UNCOMFORTABLE  
AND FRETS BECAUSE HE**  
IS FED WHENEVER HE CRIES.  
IS TAKEN TO THE ADULT TABLE  
AND GIVEN:

GRAVY AND BISCUIT;  
BITS OF PANCAKE;  
BITS OF SWEET POTATO;  
SIPS OF TEA AND COFFEE;  
ICE WATER TO DRINK;  
FOOD THAT IS NOT PROTECTED  
FROM THE FLIES;  
TASTES OF ANYTHING THAT  
IS UPON THE TABLE.  
IS GIVEN SOOTHING SYRUPS AND  
PATENT MEDICINES TO QUIET HIM.  
IS ROCKED, BOUNCED, TEASED AND  
PLAYED WITH.  
SLEEPS IN A HOT ROOM WITH THE  
WINDOWS CLOSED.  
IS GIVEN A PACIFIER.  
IS TAKEN TO THE MOVIES AND ALL  
THE SUMMER PICNICS.


## IV. STOP! READ! CONSIDER!


Do not use patent medicines with children; these remedies do not get at the root of the difficulty. If the baby is ill, call

**THE "CURE" THAT KILLS**

*Many Patent Medicines contain these drugs:*  
Opium  
Morphine  
Heroin (as bad as morphine)


*Endorsed by Dr. J. M. G. B. (as bad as morphine) Alcohol*







Contains 2 Gr. Opium to the Ounce.  
*These do not remove the cause, but merely the effect. They dull the pain instead of curing.*


**LEARN TO READ THE LABEL**










*Contains 1 1/2 gr. Opium 50% alcohol*  
*12 ounces (strong) 1/2 gr. Opium 50% alcohol*  
*1/2 gr. Opium 50% alcohol*








*Contains 1 1/2 gr. Opium 10 1/2% alcohol*  
*10 1/2% alcohol*





*Contains 1/2 gr. Opium when taken in moderate doses pain is relieved as well as removed. When your body is sick, cure it a physician. It is cheaper in the end.*

a physician who understands childrens' diseases, and follow his advice carefully. He is more likely to adjust the food supply than to prescribe any medicine.



V. A SIMPLE LAYETTE.

"The Better Babies Layette" pictured in this poster is ap-

## The Well-Dressed Baby

**IF YOU WANT A HEALTHY, HAPPY BABY DRESS HIM FOR COMFORT, NOT FOR SHOW**

THE WELL-DRESSED LAYETTE. Dressing a baby is a pleasure, but it is a science, too. The baby's skin is delicate and must be protected from the heat of the sun, the cold of the wind, and the wetness of the rain. The baby's clothes should be simple, comfortable, and easy to change. The baby's feet should be kept warm and dry. The baby's head should be kept cool. The baby's body should be kept clean and dry. The baby's clothes should be made of soft, comfortable material. The baby's clothes should be simple and easy to change. The baby's feet should be kept warm and dry. The baby's head should be kept cool. The baby's body should be kept clean and dry.

Uncomfortable clothing makes a baby wakeful and fretful. The wakeful baby is never healthy.

The well-dressed baby wears a bellyband, a shirt, a diaper, stockings or booties, a flannel skirt, a cotton skirt, and a simple dress or slip 27 inches long.

The shirt is medium-weight silk-and-wool or cotton-and-wool.

The skirts are open on the shoulders.

The slip has no lace or embroidery on neck or sleeves to cause chafing that might result in eczema.

The diapers should be of cheesecloth or cotton bird's-eye; never rubber.

Slips, nightdresses, and wrappers are one-piece garments, comfortable and simple.

Neckbands should be tied with tapes, not pinned or buttoned.

Stockings should be pinned to diapers, not tied around the leg.

The clothes should be loose and easy. Tight clothing interferes with circulation, respiration, and digestion.

The clothing should not be heavy enough to make the child perspire. All-wool underwear irritates tender skins. Overheating may cause indigestion, nervousness, and colds.

For further information address  
THE BETTER BABIES BUREAU, WOMAN'S HOME COMPANION  
361 Fourth Avenue, New York City

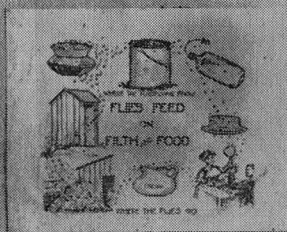
## BETTER BABIES HEALTH EXHIBIT

[Poster No. 6]

Published with permission of the *Woman's Home Companion*, Better Babies Bureau.

proved by baby specialists. It embodies the most hygienic and up-to-date ideas in baby raiment.

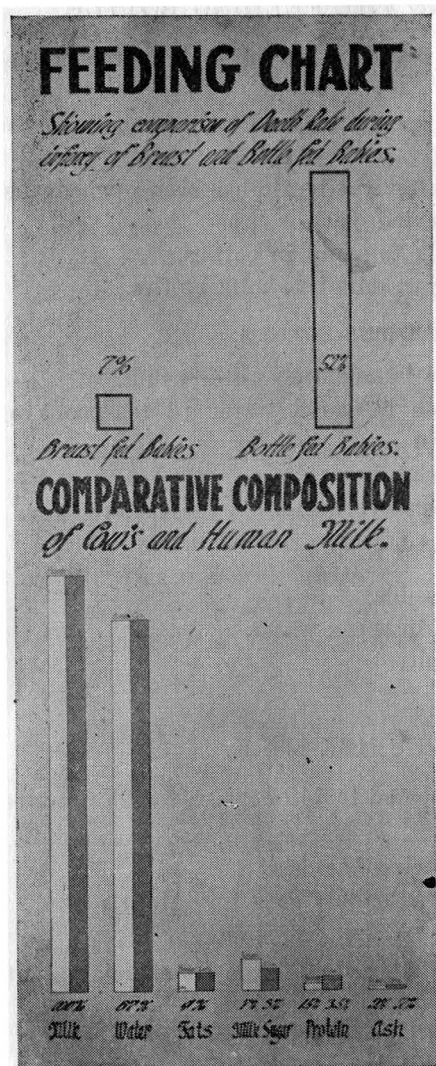
**READ THIS**  
**IGNORANCE KILLS 3 BABIES**  
**OUT OF EVERY 4 THAT DIE.**  
**IGNORANCE PERMITS THE FLY.**



**IGNORANCE ALLOWS DIRTY MILK**  
**IGNORANCE ALLOWS IMPROPER FOODS**  
**WILL IGNORANCE KILL YOUR BABY?**

**DID YOU KNOW**  
300,000 BABIES UNDER 1  
YEAR OF AGE DIE ANNUALLY  
IN THE UNITED STATES.  
IN OCTOBER, 1914, 600  
BABIES DIED IN TEXAS.  
MORE THAN HALF  
THE BABIES DIE FROM  
IMPROPER FEEDING.  
IS YOUR BABY PROPERLY FED?

of age die annually in the United States. Think what this means. That number of people would make a city three times the size of Dallas or Houston, and that many families would make the metropolis of Texas.



Nurse your baby if possible. Mother's milk is nature's food, and was intended for the infant. Breast milk never sours, is never dirty, and needs no preparation. It is always ready. It contains the proper elements of food in the right proportion for the child. Babies fed on good mother's milk grow strong and healthy and are free from the bowel trouble and other illnesses which attack the artificially fed baby. There is no perfect substitute for breast milk.

It is unfortunate when a child cannot be nursed by the mother during the first twelve months of life. However, it is impossible at times for a mother to nurse the child, owing to poor health, or to the fact that her milk is poor in quality, or she has some contagious disease.

Where this is the case, the needs of the child should be prescribed for by some competent physician. The best substitute for mother's milk in most cases is clean milk, modified to meet the needs of the individual child. Study the following charts on the care and modification of milk.

## CARE OF MILK AND THE FEEDING BOTTLE.

1. Do not allow milk to stand in the sun or in a warm place after delivery.
2. Place milk promptly on the ice and keep it there in the original bottle.
3. Keep milk covered—after the bottle has been opened, discard the cap and use an inverted glass or cup.
4. Do not allow sour milk to stand in bottles.
5. Do not put anything but milk into milk bottles.

## CARE OF FEEDING BOTTLES.

1. Rinse with cold water immediately after using.
2. Wash with stiff brush in borax water (2 teaspoons of borax to one quart of water).
3. Steam or boil the bottles.
4. Rinse in boiled water before using.

## CARE OF NIPPLES.

1. Turn inside out if possible.
2. Wash with stiff brush in borax water.
3. Boil or steam the nipple.
4. Keep in borax water.

## TO PASTEURIZE MILK.

Pasteurized milk is milk heated to 145 degrees for 25 minutes

*Effect of Pasteurization:*

1. Kills the disease producing bacteria.
2. Makes ordinary milk reasonably safe for infant's use.

*Methods of Pasteurization:*

1. City supply often pasteurized in large commercial plant (This should be under official supervision.)
2. Household methods: (Thermometer necessary).
  - a. Use household pasteurizer, or
  - b. Place milk in clean bottles or cans. Plug with cotton or cover carefully. Place the bottles on a trivet in a flat bottomed pail. Fill the pail with water to same level with milk. Heat the water to 155 degrees F., then remove from direct heat, cover, and allow to stand for 30 minutes. Remove bottles from water and cool rapidly. Keep on ice.

## TO MODIFY MILK.

### *Composition of Milk:*

	Human	Cows
Water .....	87%	87%
Total solids .....	13	13
Fatty matter .....	4	4
Milk sugar .....	7	7
Protein .....	1.5	3.5
Mineral matter .....	.2	.7

### *Principles of Modification:*

The protein must be diluted.

This necessitates the adjustment of fat and sugar.

### *Methods of Modification:*

Use clean milk. Pasteurize for safety.

Use the cream and upper layers of milk which has been standing for five hours or more.

Dilute this top milk and water, cereal water, or gruel, according to formulae.

Add commercial milk sugar to equal amount in mother's milk.

## FORMULAE FOR MODIFICATION OF MILK

Prepare a supply for twenty-four hours at one time.

TABLE FROM CHAPIN'S "THEORY AND PRACTICE OF INFANT FEEDING."

Age	Remove from 1 quart milk	Use of this	Add boiled water or gruel (1 oz. flour to quart)	Sugar in level tea- spoon- fuls	Number and size of feedings for 24 hours
1-2 weeks	Top 9 oz.	4 oz.	14 oz.	2	9-2      oz.
2-4    "	" 9 "	7 "	20 "	3	9-2 to 5 oz.
2nd month	" 11 "	11 "	22 "	4	7-3 to 4 oz.
3rd    "	" 16 "	14 "	18 "	4	7-4      "
4th-6th mo.	" 20 "	20 "	16 "	4	6-4 to 6 "
7th-9th    "	" 24 "	33 "	15 "	4	6-6 to 8 "
	from each of 2 qts.				
10th-12th "	Top 24 oz. from each of 2 qts.	40 "	8 "	4	5-8 to 10 "

### *Special Modification of Milk:*

If vomiting occurs shortly after feeding, reduce the amount of fat in the food by using less cream and more milk.

If vomiting, colic, or curdy stools occur, add one tablespoon of lime water.

At the end of the first year the normal baby should be weaned. He then needs a greater variety of foods to supply the materials for his growing body. However, the foods best suited for his growth and development are limited and need

## INFANT FEEDING

(AFTER WEANING)

AGE

12 TO 14 MONTHS

FOODS SUITABLE:



EGGS, TOAST CEREAL GRUELS ORANGE JUICE



CLEAN MILK



BOILED WATER

### ADMINISTRATION OF FOODS:

ALL FOODS MUST BE CAREFULLY PREPARED.  
ALL FOODS MUST BE FED REGULARLY.  
NEW FOODS MUST BE STARTED IN SMALL QUANTITIES.

### AMOUNT OF FOOD:

900 TO 975 CALORIES (45 C. PER L.B.)

### A DAY'S RATION:

6:30 A.M. MILK 6 OZ. + 2 OZ. GRUEL.

9:00 A.M. ORANGE JUICE 2 OZ.

10:00 A.M. MILK 8 OZ. + 4 OZ. GRUEL.

2:00 P.M. EGG YOLK. 4 TO 6 OZ. OF MILK AND GRUEL.

6:00 P.M. 8 TO 10 OZ. MILK AND GRUEL OR WATER 2 T. STRAINED CEREAL

10:00 P.M. 6 OZ. MILK AND GRUEL.



WELL  
FED  
BABIES.



## INFANT FEEDING

AGE

15 TO 18 MONTHS.

FOODS SUITABLE:



EGG & TOAST



CEREALS



ORANGE



MILK



BAKED APPLE



WATER

### ADMINISTRATION OF FOOD:

ALL FOODS MUST BE CAREFULLY PREPARED.  
ALL FOODS MUST BE FED REGULARLY.  
NEW FOODS MUST BE BEGUN IN SMALL QUANTITIES.

### AMOUNT OF FOOD:

1050-1200 CALORIES.

### A DAY'S RATION:

6:30 MILK (WARMED) 8 TO 10 OZ.

9:00 APPLE PULP, 2 TSP.

10:00 CEREAL 3 TBSP. STRAINED & 2 TBSP. THIN CREAM. NO SUGAR.

2:00 1 EGG 1 TBSP. RICE

5 OZ. MILK SLICE TOAST

6:00 CEREAL 2 TBSP. NO SUGAR.

6 TO 8 OZ. WARMED MILK.

10:00 MILK 6 TO 8 OZ. WARMED.












WELL  
FED  
BABIES





careful preparation. The child's digestive system is in the same undeveloped condition as his muscles and teeth. All new foods

**INFANT FEEDING**  
**AGE. 18 TO 24 MONTHS.**  
**FOODS SUITABLE:**



 <b>EGGS &amp; TOAST</b>	 <b>CEREALS</b>	 <b>ORANGE</b>
 <b>MILK</b>	 <b>WATER</b>	 <b>APPLE</b>
 <b>SPINACH</b>	 <b>POTATOES</b>	 <b>ONIONS</b>

**ADMINISTRATION OF FOODS:**  
FOODS MUST BE CAREFULLY PREPARED.  
FOODS MUST BE FED REGULARLY.  
NEW FOODS MUST BE BEGUN IN  
SMALL QUANTITIES.

**AMOUNT OF FOOD:**  
1025-1200 CALORIES OR 40 TO 45  
CALORIES PER LB.

**A BALANCED RATION:**

7:30	MILK
	5 TBSP. CEREAL
	1 SLICE BREAD AND BUTTER.
11:00	MILK, 1 GLASS.
2:00	1 EGG, 1 BAKED POTATO,
	2 TBSP. SPINACH,
	1 SLICE BREAD AND BUTTER.
6:00	1 SLICE TOAST, 1 CUP MILK,
	2 TBSP. BAKED APPLE.

  
**WELL  
FED  
BABIES**  


should be begun with the child in very small amounts, the amount being increased a little at a time.

Many of our best physicians advise the use of meat in the

dietary of the child. The beef juice and the broths made from beef, mutton, and chicken are used first, and are often given as early as the fifteenth to eighteenth month. The scraped beef and tender well cooked white meat of chicken are advised later. Meat is often necessary in cases of mal-nutrition, and may be used with good results in medical cases. The great objection to the use of meat is that it is used in too large quantities, and too frequently. The child soon learns to like its characteristic flavor, and prefers it to the milder flavored foods. It is not a substitute in any way for the cereals or vegetables, and must be used in moderation. Pork in any form, veal, corn beef, all fried meats, game and rich stews should not be used in a child's dietary.

### USEFUL RECIPES

*Barley Water.*—This is often used instead of water to dilute the milk, and tends to make the curds of the milk more digestible.

Mix two level tablespoons of barley flour and one-quarter teaspoon of salt with one-fourth cup of cold water into a thin paste, and add to one quart of boiling water. Stir well, and boil for twenty minutes. Should any boil away add enough boiling water to make one quart. The pearl barley needs at least three hours cooking, and must be strained before it is used. The barley water should be made fresh daily.

*Oatmeal Water.*—The oatmeal water is used in the same way as the barley water, but has a laxative effect. Use two tablespoons of oatmeal to one quart of boiling water, and allow it to cook three hours. Strain and add enough boiling water to make the one quart. Make fresh daily.

*To Cook Cereals.*—All cereals should be thoroughly cooked for little children. The coarser cereals, as cracked wheat and oatmeal, require from three to four hours cooking (better cook over night in a fireless cooker), and should be strained before serving.

To cook a cereal bring the required amount of water to the boiling point, add the salt, and sprinkle in the measured cereal a little at a time. The water should not stop boiling. Boil five minutes, and place in a double boiler or fireless cooker.

*To Soft Cook an Egg.*—Use only freshly laid eggs. Put the egg in one pint of boiling water. Cover, and remove the water from the fire. Allow the egg to remain in the water from five to seven minutes. The egg will be thoroughly heated through, and will be of a jelly-like consistency instead of being hard on the outside and fluid at the center, as it is when boiled a few minutes.

*To Cook Spinach.*—Select the tender leaves, wash thoroughly and cook in their own juice until tender (about twenty-five minutes). Drain, rub the leaves through a sieve to remove the fibre, and serve with a little butter. Do not throw away the juice in which the spinach was cooked. This makes an excellent cream soup.

*Cream of Spinach Soup.*—Thicken one cup of the spinach juice which remains after cooking the spinach, with one level tablespoon of flour. Cook fifteen minutes and add one-half cup of sweet milk. Season with one-eighth teaspoon of salt and one-half teaspoon of butter.

#### THINGS WORTH WHILE FOR THE BABY

Provide training for homemaking in your schools.

Give the baby intelligent prenatal care.

Be sure the baby's eyes are treated at birth.

Register the baby's birth—this proves your baby's birth right.

From the start cultivate *regularity* in

eating

sleeping

bathing

bowel movement

exercise.

Give the baby plenty of fresh air—keep it out of doors if possible; if not, keep the windows open. The more fresh air the baby gets the better it will sleep.

Keep the baby's skin active by daily bathing.

Clothe the baby loosely and according to the weather.

Keep all flies away from the baby and its food.

Never use soothing syrups—the soothing effect is produced by harmful drugs.

Stop using a pacifier—it frequently causes deformity of the roof of the mouth. Thumb sucking is nearly as bad.

Give the baby a bed of his own.

Nurse the baby if possible—there is no substitute as good as breast milk.

If breast feeding is not possible, use *clean cow's milk modified* under a physician's advice.

Give the baby plenty of cool boiled water to drink.

Consult a physician if the baby does not thrive—it is easier to *prevent* than *cure*.

Wean the baby at the end of the first year.

Feed carefully after weaning—consult physician and feeding bulletins.

Have the baby examined yearly at a health conference or by a baby specialist.

Have the baby vaccinated during the fourth to sixth month or, in case of exposure or epidemic, before.

Give intelligent study to the needs of the baby. Remember it's health, growth and happiness depend upon *you*.

Through the Child Hygiene Bureau, the City of New York has greatly reduced its infant death rate. What is your community doing to save the babies? Each community should have an infant welfare organization.



